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at Prince Charles Drive,
Welland

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INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 43 VOLUME 15

For news updated daily see www.inportnews.ca

■ **FOOD DRIVE:** Intake of donations doubles

Wainfleet lines up to feed the hungry

MARYANNE FIRTH
InPort News Staff

WAINFLEET — Wainfleet was driven to give this weekend.

People from the township and beyond flocked to the Wainfleet Arena parking lot on Saturday to give what they could for the Wainfleet Lions and Meridian Credit Union annual food drive.

"We more than doubled our food intake," said event chairman George DeRuyte, who was impressed by the more than two tonnes of nonperishable food items collected.

Along with food donations, the event yielded \$1,300 in cash.

All donations, both food and monetary, will be distributed among food banks that serve Wainfleet residents, including Open Arms Mission in Welland, Port Cars Reach Out Food Centre in Port Colborne and St. Vincent de

Paul in Dunnville.

The Lions and several community volunteers were on hand throughout the day Saturday as steady lineups of cars dropped off bags and boxes filled with donations.

Lions were also called to pick up three truckloads of food from Meridian Credit Union.

The credit union had issued a challenge to local schools and St. Elizabeth Catholic School and Winger Public School each jumped on board, DeRuyte said.

The food collected at Meridian Credit Union came mainly from area schools as well as from community donors who dropped off items in advance of Saturday's drive.

"People know there's a need," DeRuyte said, and it's that growing need that has people who are able to donate doing just that.

see **FOOD DRIVE** | page 2



MARYANNE FIRTH Staff Photo

Wainfleet Lion Mark Lambert collects a bag of donations from Callum Shelden during the Wainfleet Lions and Meridian Credit Union annual food drive.

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■ FOOD DRIVE



Volunteers find efforts effective

FROM PAGE 1

"We're very grateful to the community for a very successful food collection."

"It feels good to know you're helping people," said 14-year-old Alison Taylor, who has been volunteering with the food drive for years. She spent Saturday sorting donations as they made their way in.

The economy has left many people without jobs and struggling to provide the necessities for their families, she said, adding by contributing to the

food drive "you're helping them to move forward."

For Joshua Tanguay, volunteering at the food drive is about helping others, but it's also about carrying on family tradition. Tanguay's grandfather was a longtime Wainfleet Lion.

The 18-year-old is hopeful he's doing right by his grandfather's memory by continuing to help with the event annually.

mfirth@wellandtribune.ca
Twitter: @mfirth19bune

MARYANNE FIRTH Staff Photo

Volunteers Joshua Tanguay, 18, and Alison Taylor, 14, sort through donations at the Wainfleet Lions and Meridian Credit Union annual food drive on Saturday.

■ PILGRIMAGE

Lakeshore students walk for the world

MARYANNE FIRTH
InPort News Staff

WELLAND — Gators gathered Sunday to walk for the world.

Lakeshore Catholic High School students put their best feet forward this weekend during the 21st annual Gator Walk.

Part of Niagara Catholic District School Board's pilgrimage tradition, the Gator Walk drew about 350 people to the Port Colborne school.

Though the pilgrimage is a tradition that began at Notre Dame College School 36 years ago, it is now celebrated by high schools across the board as an opportunity to raise money and awareness of social justice initiatives across the globe.

Each school raises funds

through its respective walks to support various causes around the world.

Lakeshore's funds will support St. John's Catholic Elementary School and the Grange Seniors Home in Portsmouth, Dominica.

Though the total for the Gator Walk hadn't yet been tallied, the hope was to surpass last year's total of \$15,000, said teacher and walk organizer Katie McAllister.

Several Lakeshore students are currently doing mission work in Dominica, McAllister said, and the money raised through the walk will assist with their efforts.

During an assembly prior to the walk beginning, a video conference was held with the overseas students to hear about their experiences, she

added.

"It really helps them make the connection between what they're doing and what it means overseas," said teacher Meghan Bodis, who also helped to organize the nine-kilometre walk.

"They see that they're part of the global community."

Throughout the week leading up to the event, the student organizing committee held several pep rallies to help build excitement for the big day, McAllister said.

"They're really pumped for this," she said, only minutes after the large crowd burst through a gigantic Gator banner to begin the journey.

Following the walk, students were treated to a barbecue lunch and live music to celebrate the day.



MARYANNE FIRTH Staff Photo

About 350 students, staff and community members set off for the 21st annual Gator Walk, a nine-kilometre pilgrimage that began at Lakeshore Catholic High School on Sunday.

portraits

■ **NIAGARA REGION:** Depot provides safe disposal option



MARYANNE FIRTH Staff Photos

ABOVE: Becky Fitzgerald of Hotz Environmental Services sorts through cans of paint during Niagara Region's household hazardous waste depot in Wainfleet on Saturday.

RIGHT: Fernando Colosimo and John Hackney of Hotz Environmental Services unload cans of paint from a vehicle during Niagara Region's household hazardous waste depot in Wainfleet on Saturday.

Hazardous waste collected

MARYANNE FIRTH
InPort News Staff

WAINFLEET — There were no shortage of items for the crews of Hotz Environmental Services to carefully unload on Saturday.

One by one vehicles approached a makeshift station in the Wainfleet Arena parking lot to drop off their paint cans, barbecue tanks, motor oil, fluorescent lights, car batteries and fertilizer for safe disposal.

Throughout the day, more than 200 cars were expected to have passed through Niagara Region's household hazardous waste depot, said Manjit Jaura, senior supervisor with Hotz Environmental Services.

Jaura was on hand with his crew to ensure all drop-offs were handled correctly and each item properly sorted for disposal.

Saturday's depot was held in conjunction with the Wainfleet Lions and Meridian Credit Union annual food drive. Visitors dropping off depot items also had the opportunity to donate non-perishable food items at a separate station set up in the same parking lot.

The next household hazardous waste depot taking place locally is on Nov. 19 from 8 a.m. to 3 p.m. at Westside Arena, 54 Westside Rd., in Port Colborne.

For more information on acceptable items, visit www.niagararegion.ca.



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inport@wellandtribune.ca

Ken Koyama, publisher, general manager
Dave Johnson, InPort News senior reporter

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■ ourview

1812 memorial should be closer to the action

Niagara, not Ottawa, is the best place for a national War of 1812 memorial.

A new monument to commemorate the lives lost in the two-year conflict between the United States and Great Britain was announced Tuesday, as Prime Minister Stephen Harper's Conservative government ramps up its bicentennial.

It's encouraging to see efforts to commemorate the war which, of course, was waged in Canada — Britain's North American colonies — and which was a defining moments in Canadian history.

But there are a half-dozen Canadian communities that would be more appropriate hosts to such a memorial than what the bureaucrats call "the national capital region," the politically correct term for Ottawa, and Gatineau, Que.

In addition to Niagara Falls, Port Erie and Niagara-on-the-Lake, cities like Windsor, Stoney Creek, Toronto, Kingston and Chateaugay outside of Montreal have more legitimate claims to the War of 1812 than Ottawa does.

These were where the battles were fought or the soldiers and sailors were stationed. Where the action was. Where people died.

Ottawa already has memorials to Canada's war dead, including the National War Memorial, which commemorates the lives lost in the First World War, Second World War and Korean War. It would be appropriate to add 1812 to the conflicts whose dates are etched onto that memorial.

But any new monument should be erected closer to where the action was. Put it in Niagara, and it could even be visible from the United States and stand as a testament to the peace that has endured for 200 years.

For years, there had been a prevalent attitude the country's national institutions belonged in the nation's capital, that's why it's home to the National Art Gallery, Canadian War Museum, Canadian Museum of Civilization, national library and national archives.

Previous federal governments had begun to loosen Ottawa's hold on national institutions. The new Canadian Museum for Human Rights, for example, is in Winnipeg.

In his last days in office, Liberal prime minister Jean Chrétien came up with a plan for a national portrait gallery that would display artwork depicting prominent figures in Canadian history. But Harper's Conservatives were going to hold a competition among some prominent Canadian cities for the right to host that gallery. But the competition never got off the ground because the Harper government scuttled the portrait gallery project altogether.

The Canadian government has to learn that an institution can have national significance even if it's outside the capital region.

— Corey Larocque, QMI Agency

■ I'VE BEEN THINKING

About honouring my late in-laws

PASTOR GORD ABRAHAM
Port Colborne Baptist Church

When we have three parental deaths in my wife's family since July. Because one of them was my wife's mother, she has now become an orphan, sounds strange but true. A family generation has passed.

My Sister-in-law said, I will be glad when 2011 is over.

My wife's parents, Eugene and Arlene (Mom and Dad) Feilhaber were great mentors and I want to honour them in this column.

They lived individually and as a couple knowing what was most important! They knew what would last forever and what would not.

Dad went into the presence of His Saviour, Jesus, in January 2010. At his funeral, I said, among other things, the following. In 1948, Eugene graduated from Moody Bible Institute (as their first light school graduate) and came home convinced he was to serve Christ in the business world, upon which, he took an apprenticeship with a tool and die making firm in Kitchener.

He rose to become the president of the company and built two large plants and an international business — all the while pouring his life into the starting of a church, missions and the mentoring of many men, women and children in life skills, spiritual disciplines, and missions.

He mentored but didn't call it that specifically. He intentionally decided to retire at age 65 — with no regrets — so that he could spend more time mentoring and in his family. He mentored but didn't call it that specifically. He intentionally decided to retire at age 65 — with no regrets — so that he could spend more time mentoring and in his family. He mentored but didn't call it that specifically.

He intentionally decided to retire at age 65 — with no regrets — so that he could spend more time mentoring and in his family. He mentored but didn't call it that specifically.

■ readers' views

Thank you to the community

We would like to thank all our patrons and donors who supported the University Women Club's 41st annual Book Sale.

Once again with your generosity we have successfully reached our goal.

to the leading of church building teams in Italy, two in Japan, France, Spain and Italy. Through these years many were mentored in life skills, spiritual disciplines, mission vision and involvement. At 75, he again, intentionally, passed the torch of leadership to a younger man he had mentored to replace him. With no regrets and diminishing health he then turned to mentoring his great grandchildren and developed a prayer ministry whereby he could mentor the younger generation — teenagers, 20s and 30s — by listening, encouraging and guiding them into the way of Christ.

One day he informed the youth pastor of his church that the Senators in the church needed to develop a Youth Adoption ministry so all young people would have a senior adult to meet with and be prayed for. He took pictures, drafted biographies and put this into place.

His prayer journal contained dozens of pictures and descriptions of all the youth with whom he spent time. To keep up with the missionaries in other lands he learned how to use a computer—and with his "seek and peck" style kept mentoring many missionaries all around the world.

During Christmas of 2008, my two daughters-in-law, Cheryl and Chandra, challenged "Papa" to write his memoirs for all the family to have. With further loss of eyesight and use of his legs he pressed on mentoring young and old, while pecking away at his computer, laying out his life's journey with his Saviour, his lover (Mom), friends and family. His goal was to have it printed and in our hands by Christmas of 2009.

With hindsight we now see there was a sense of urgency to this final step

of mentoring.

In October of 2009 just two days after I returned home from a teaching trip to Istanbul, Turkey, Dad was diagnosed with terminal pancreatic cancer. With his health going downhill quickly, he hired an editor to finalize the draft of his life and commissioned my youngest son — whom he had mentored in the art of carpentry — to design and produce the outer cover. He mentors on through this book even though no longer with us in body.

Mom entered into the presence of Jesus on Sept. 17 of this year. She was a large part of Dad's life and work and also all of ours. When we thought we were losing her on the Friday night she made it through and woke Saturday morning, first to say, oh, I'm still here and then as she looked at us said, "this is the day" with a radiant smile. We all knew what she meant.

The last 10 hours of that day, her last day, were filled with radiance, smiles, laughter, and the blessing of grand and great grandchildren. She said to each, "keep loving Jesus." My wife asked her Mom what it felt like to know she was dying and she said, it's so peaceful — wow!

When its all been said and done, whatever is most valued comes out at the end of life.

In their last times with us, neither Mom nor Dad ever talked of money, possessions or power, just family and their God. No U-Haul trailer accompanied their hearse to the cemetery. What they took with them was a faithful life, mentoring others in that life, prayer for others, generosity, love, people's lives touched and a sense of being with their God through faith in Jesus Christ. This is my tribute. What will you take?

this year.

In addition, charitable donations are made to local organizations for special projects.

Maxine Gayler, Margaret Kleinsmith and Beth Jeffery,
Procession of the Convoys, CFJW Welland and District

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■ COLUMN

Twenty-five years of arts in Port Colborne

LINDSAY COSTELLO
For InPort News

A quarter century of artistic tradition shows no signs of slowing down.

To commemorate its upcoming 25th anniversary, the Port Colborne Festival of the Arts held a concert this past Saturday evening at Central United Church.

The evening, which kicked off the 2012 festival season, included a dozen performances from former festival participants and scholarship winners of all ages. The hour-long concert was meant as a celebration of the talent that has taken the festival stage over the years and included vocal and piano solos and duets.

"We wanted to showcase talent and show the community what we're all about," said Mary Parkes, 25th anniversary committee chair.

Having been involved with the festival for more than 20 years, Parkes has fond memories of those who have shared their talents.

I remember some of these

performers from when they were youngsters," Parkes said, adding she was pleased to see some of them continuing to pursue music in their professional lives.

The 25th anniversary season will run from April 27 until May 11. In addition to the annual showcase on May 26, the organization will also hold an open house and gala event on June 10 at the Port Colborne Country Club.

The organization has also created T-shirts, tote bags and other memorabilia to commemorate the milestone and has created a new flag that will fly at all of the festival functions.

"Everyone on our board has such a passion for the arts," she said, adding the community-based organization could not run without the support of volunteers.

Parkes said she hopes the festival can instill a love for the arts in all participants, not only those residing in the city but also those who travel from across the region to perform.

"We want that passion to begin in Port Colborne," she said.

see COSTELLO | page 6



LINDSAY COSTELLO InPort News Photo
To commemorate the Port Colborne Festival of the Arts' 25th year, the First Presbyterian Church has installed a new sign in its garden. Paul and Leone Mason and Buck Bowman of the church joined Mayor Vance Badawey and 25th Anniversary Committee Chair Mary Parkes on Monday for the unveiling of the sign as well as the festival's new flag. The organization held a free kick-off event on Saturday at Central United Church, where past participants and scholarship winners took the stage.

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■ COSTELLO

Folk-rock artist to host songwriting workshops

FROM PAGE 5

Musical melodies can instill a love of learning. Niagara-based folk and rock artist Kelly MacDonald will explore this concept as she combines education and entertainment while hosting a series of songwriting workshops at the Port Colborne Library in November.

Having worked in classrooms throughout the region through the Learning Through the Arts program, she is known for using songs she has written to teach curriculum content.

MacDonald said she found that children responded well to and enjoyed this style of learning, which prompted her to create the workshops

in hopes of assisting more young people in expressing creativity and learning new skills.

The workshops, which are available to those aged 9 to 14, will focus on a different aspect of songwriting each week. Whether it is song structure, rhyming and use of vocabulary, or the message behind song lyrics, MacDonald aims to provide a basic understanding of concepts and then build on those ideas.

Although she will be armed with her guitar, she said that playing an instrument or knowing musical theory is not a requirement and encourages anyone who enjoys writing or expressing their feelings in new ways to join her.

She said that music has many purposes and is one of many ways language can be

used to send a message.

While MacDonald aims to teach songwriting skills, she said there are many benefits to learning music.

"There's a knowledge benefit but there's also a social and interpersonal benefit in being able to express oneself," MacDonald said.

While the workshops will be group focused, MacDonald said there would be opportunity for exploring individual interests, as each person's musical taste and style is unique.

"When it comes to expressing any of your own ideas or feelings, it can be scary," said MacDonald, adding she is ready to create a non-judgmental and supportive environment when children can learn and grow.

At the end of the month,



LINDSAY COSTELLO InPort News Photo

Brian Barber, who was deemed Most Outstanding Performer following the 2006 and 2011 seasons of the Port Colborne Festival of the Arts, performed a piano solo during the organization's 25th anniversary kick-off concert on Saturday evening.

MacDonald hopes to have the children record some of their creations and provide them with a CD to take home.

Workshops will be held Thursdays between 4:30 and 6 p.m. and are \$10 per

week with discounts for families with more than one child registered. To sign up, contact MacDonald by calling 905-733-0339 or 905-734-4797, or by email kelly.k.macdonald@gmail.com.

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Commission of Ontario



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The personal information gathered is collected under the authority of the *Liquor Licence Act*. The principal purpose of the collection is to assess eligibility for the issuance of a liquor sales licence. Copies of all objections are given to the applicant. The information may also be disclosed pursuant to the *Freedom of Information and Protection of Privacy Act*. Questions about this collection should be directed to the Manager, Licensing and Registration, Alcohol and Gaming Commission of Ontario at the address, telephone numbers or e-mail address listed below.

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Pour des renseignements en français concernant cette annonce, veuillez écrire à : Direction de l'inscription et de la délivrance des permis, Commission des alcools et des jeux de l'Ontario, 90, rue Sheppard Est, bureau 200, Toronto, ON M2N 0A4. Tél. : 416-326-8700 ou 1 800-522-2876 (interurbains sans frais en Ontario). Téléc. : 416-326-5555. Courriel : licensing@agco.on.ca



THE CORPORATION OF THE TOWNSHIP OF WAINFLEET RECREATION MASTER PLAN IMPLEMENTATION COMMITTEE

The Corporation of the Township of Wainfleet invites area residents who would be interested in being a member of the following committee.

Recreation Master Plan Implementation Committee - 6 positions available

The committee's mandate will be to implement recommendations made in the recently released Wainfleet Recreation Master Plan. Interested residents may submit their resume and completed application form to Tanya Lamb, Township Clerk. Application forms for this committee may be downloaded from the Township's Web Site (www.wainfleet.ca) or by picking up copies in person from the Township Office during regular business hours (Monday—Friday 8:30 am to 4:30 pm).

Terms of Reference to be determined after member selection.

Completed application forms and resumes may be dropped off at Township Office, mailed, emailed or faxed (Attention Tanya Lamb at 905-899-2340), no later than Friday, November 4th, 2011.

For further information, please contact:
Tanya Lamb
Clerk

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■ **LIBRARY:** Carrying on a tradition

Story time for Wainfleet's mayor

InPort News Staff

WAINFLEET — "Read it again. Read another one," the children shouted, as Mayor April Jeffs put down the book she'd just finished.

It was a story called When the Library Lights Go Out, and Jeffs chose to read it to the children "because the power keeps going out in Wainfleet lately with all the wind and rain," she told the group of children.

"I thought it was kind of appropriate." "Read one about pirates," a boy said before running to the shelves of the St. Elizabeth School library to get his favourite book for the mayor.

Jeffs was keeping a tradition alive, started several years ago by former mayor Gord Harry in recognition of Ontario Public Library Week, as well as Local Government Week.

Because both topics are being recognized during the same week, Wainfleet library programmer Leanna Good said the library chose to pair the two together for Mayor's Story Time.



ALLAN BENNER Staff Photo

Wainfleet Mayor April Jeffs reads to students at St. Elizabeth School, Wednesday, as part of Wainfleet library's recognition of Ontario Public Library Week.

Children from the Country Kids day-care centre joined primary students from St. Elizabeth School to listen to Jeffs read to them.

Teacher Marisa Cupido said the event promotes reading, whether it's at a school library, the public library or at home.

■ **COLUMN**

Toy dogs fit well with today's lifestyle

All the dogs of Group Five have one thing in common and that is that they are very small in size. They are all easy to pick up and cuddle so they make great companion pets in a little package. All these dogs were developed to be carried, pampered and enjoyed for their company. Most of the toy breeds weigh only between seven and ten pounds with just a few breeds being slightly heavier. Toy dogs love to be the centre of attention of their devoted owners. Although small in size, they all have spunk and courage and are usually not afraid of anything. They are the perfect apartment and condo dog and fit well into today's city lifestyle.

The most common toy dog is the Toy Poodle which for many years was the number one most popular dog in North America. There are three sizes of Poodles, the Standard Poodle which is large, the Miniature Poodle which is of medium size and the most popular Toy Poodle which is tiny. They can be black, brown, white, grey, or cream in colour. He is eager to please, very intelligent, quick to learn and an affectionate, loyal and active pet. Because of these talents, years ago they were used by circus trainers in their acts to do amazing tricks to thrill the audiences. Today they excel at all dog training activities because of their



Sandie Bingley
IT'S A DOG'S LIFE

willingness to please their owners.

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The American Eskimo toy dog is related to the larger American Eskimo Dog. These dogs were originally known as Spitz Dogs and were brought to North America by German immigrants. They were bred down in size to be a toy dog. These little snow-white dogs were also used in the trick dog acts of the traveling circuses because they are bright, fun-loving, agile, quick to learn and eager to please. Although their coats are pure white they stay very clean and their coats only need brushing to keep them looking wonderful.

inPortbrief

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SPECIAL EVENTS & DOOR CRASHERS FRIDAY, SATURDAY & SUNDAY!!

■ **POLICE:** Wainfleet's Judy Lynn Thompson killed

Victim in fatal crash was 'wonderful' woman

ERICA BAJER
QMI Agency

WAINFLEET — A Wainfleet woman recently killed in a two-vehicle crash near Dunnville is remembered as friendly and outgoing.

"She was a wonderful, wonderful girl," Gail Leppert said of Judy Lynn Thompson, 52.

"She's going to be missed by all of us."

Leppert, who is the aunt of Thompson's longtime partner Craig Leppert, said she worked as a hairdresser at a few different salons.

"She talked and she

laughed," Gail Leppert said. "She was an all-around good girl."

The investigation into the fatal crash continues. Haldimand County OPP Const. Mark Foster said the traffic reconstruction unit is trying to determine the cause of the collision, which happened at 4:15 p.m. last Monday on Haldimand Rd. 17.

He said Thompson's Pontiac was eastbound when it entered the west-bound lane and collided with a Dodge pickup truck. The impact of the collision caused the car to enter the

north ditch and hit a tree, Foster said.

He said Thompson was pronounced dead at the scene and an autopsy was scheduled for Tuesday to confirm the cause of death, which wasn't released.

Foster said the driver of the pickup truck, a 36-year-

old Haldimand County woman, and her 16-year-old passenger, were treated at hospital and released.

Thompson is survived by her partner of 30 years Craig Leppert, her parents John and Theresa Thompson of Wainfleet and her sister, Tammy McAndrews.

Thank You!

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■ AUTHOR

Reading done in celebration of Ontario Library Week

FROM PAGE 12

"The story is based on a real person and it turned into a fictional story," said Digiulio, who spent the morning talking to Steele Street and McKay students about her inspiration for the book and reading them the finished product. She also encouraged the students to write and taught them about the publishing process.

In search of a hobby upon retiring from teaching, Digiulio decided to turn to writing. Having taught in Port Colborne throughout her 35-year career, she draws on her teaching experiences when looking for story inspiration.

She put a real-life spin on Clowning With Waffles, having based it on Port Colborne entertainer Joe Crawford, who began his eight-year clowning career at age 12 under the name Waffles.

Digiulio remembered Crawford from his time as a student and wanted to interview him about his

days of magic tricks and balloon making. Crawford even joined in on the library visit, bringing in props from his clowning days making balloon animals for the students.

"It was a very popular profession," Digiulio said of the exciting but forgotten career prompted her to write the story. She said she was intrigued by what Crawford had to say about clowning and felt it

would make a good story.

After writing the manuscript, Digiulio contacted local illustrator, George Doros, who she attended

high school with. Together they put the finishing touches on the book, which was published in August.

Although Clowning With Waffles was her first book, Digiulio said she is in the process of writing several new tales.



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EYE EXAMS ARRANGED

■ APRIL: Big plans for 100th

Century celebration in DeWitt Carter's future

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — There are 100 years of stories found within the walls of DeWitt Carter Public School.

And organizers of the school's anniversary celebration are hoping to share those stories with the community. The Port Colborne school

that opened in 1912 will mark its century milestone April 27. The event will coincide with District School Board of Niagara's Education Week, and take place on the same evening as the school's planned family fun fair.

Visitors will be able to take the "100-year walk" through DeWitt Carter's history. Each of the school's classrooms

will be dedicated to a different decade, said principal Jay MacJanet, who is co-chairing the organizing committee with parent council vice-chair Hope Madeiros.

Each room will feature historical information, photos and memorabilia.

To make the displays possible, however, organizers are hoping the community

can assist by loaning their items for the one-day event. People can call the school at 905-834-7440 or e-mail dpc-school100@gmail.com.

The committee is also putting out the call to any alumni with special memories of the school, or notable DeWitt Carter grads who would like to share their stories of success with students

in the weeks leading up to the celebration.

"Everyone learns from their history," MacJanet said, adding it "makes it more real for kids when it's something attached to them in some way."

Past principals, staff and students, and the general public are encouraged to attend.

The organizing committee is hosting its next meeting at the school Nov. 29, beginning at 6:30 p.m. Anyone wanting to help may attend, but are asked to call ahead.

Information regarding the celebration and ways the community can help will be regularly updated on the Facebook page, 100 Years of DeWitt Carter Public School.



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SUNDAY, NOVEMBER 20

St. Joseph's Catholic Women's League will be holding its Christmas Bazaar from 10 a.m. to 2 p.m. There will be a raffle, Christmas Baskets, bake table, penny table and craft table. The luncheon consists of pork on a bun with coleslaw and apple crisp.

Everyone welcome. Located at St. Joseph's Hall, corner of Netherby and Sodom Rds., Stevensville.



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■ **PROJECT:** Affordable housing

Home Depot fixes up project with \$25,000

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — When you're on a fixed income, every penny counts. A hefty hydro bill could mean the difference between eating or going without.

To help alleviate some of those worries, Home Depot Canada Foundation donated \$25,000 last Wednesday to a new affordable housing project nearing completion in Port Colborne.

Since 2009, the foundation has donated \$925,000

from its affordable housing grant program to 37 community organizations across Canada.

The funds donated will be used to purchase energy-efficient kitchen appliances for the 23-unit building being constructed

by Gateway Residential and Community Support Services. Having the cost-saving appliances will only further assist the building's low-income residents, having a positive impact on their lives, said John Ocszyko, the organization's

executive director.

Construction for the building started in May and the move-in date has been slated for Dec. 1. It has been named Repel Place, after St. Catharines lawyer Graham Repel, who has long offered assistance to Gateway and

been involved in the organization's initiatives, said board president Pat Berard.

The affordable housing project, a third for Gateway, is run in partnership with March of Dimes, Community Living and Oak Centre.



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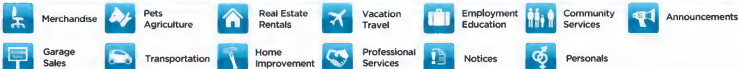
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balcony, \$750
Windsor. On 289-9200

Must See!

1 bdrm newly rented
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incl. heat, w/ 2 bdrm
balcony, \$750
Windsor. On 289-9200

1 bdrm, large, bright, in

Windsor 2nd floor apt in
clean West. Recently
updated kitchen bath &
D.R. lg balcony.
Laundry, lg. empty
parking. On bus route
close to shops. Don't
walk to hospital. Avail.
Nov. 1st \$500 + hydro,
taxes. (905) 855-5468
for appt. to view

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Ground floor of 4 plus
Aval. imm. \$550, w/
bal. \$600. Call Glen
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Apartments Unfinished A610

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The Healthy Cupboard

**Take charge of your Cholesterol,
Blood pressure and Circulation naturally!**
By Elie Klein ND

It is fairly simple. With the right foods and nutrients, you can prevent and unnecessary heart attack, and do away with some or all of your meds.

Cholesterol: Cholesterol is vital for our health and has to be handled in a balanced way. I believe the best way to deal with it is by providing nutrients needed to balance cholesterol metabolism and by optimizing cholesterol elimination (via bowel movements). The most important nutrients for cholesterol metabolism are magnesium and vitamin C. Magnesium is like a naturally occurring version of cholesterol lowering drugs. It helps deactivate a key enzyme responsible for production of cholesterol. When magnesium levels are low, the body makes more cholesterol. Vitamin C is needed for preparing cholesterol for elimination and is effective when taken at 1000mg or more daily. The next step is to ensure optimal elimination - drink enough water, eat adequate amounts of fiber, or use a good (and gentle) herbal detox product such as Dr. Miller's Whole Tea (from your local health store). For more on cholesterol misinformation go to www.asknd.ca



Blood pressure: Unless there is kidney disease or certain cancers, hypertension is simply and indication that the arteries are narrowed and stiff (arterial plaque). The body requires very specific nutrients to repair still arteries in order to restore their flexibility. These nutrients are the amino acids lysine, proline and vitamin C. When flexibility is restored, blood pressure improves. As well, plaque can't remain stuck to a repaired (new, non-sticky) artery. The late Dr. Linus Pauling, (a two time Nobel Prize recipient), understood this concept. He tested this on individuals who have chest pain due to advanced blockages in the coronary arteries. The pain went away after a few weeks of taking lysine (6g) and Vitamin C (6g). Other scientifically proven nutrients for blood pressure are magnesium and co enzyme Q10. Also helpful are important antioxidants such as vitamin E, selenium and bioflavonoids. All these nutrients are conveniently available in one single formulation called Cardioflex (available at your local health store).



"I often recommend this formula, along with my healthy heart diet plan to help my clients with their cholesterol, blood pressure and circulation."

Elie Klein, Naturopathic Doctor

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Dr. Elie Klein
Wed. Nov. 2, 2011

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